

OCTOBER POSTCARD



Reminder!

The LMDA School Supply Drive to benefit Communities in Schools of Wake County lasts through Friday, October 12. Please help us help those less fortunate by donating new or gently used school supplies. Donation boxes are located in several Wake County DOT offices. For more information, please contact Amanda Smith at 329-8498 or the representatives listed below.

Highway Building: Marie Sutton (mlsutton@dot.state.nc.us) or Beth Smyre (bsmyre@dot.state.nc.us)

Century Center: Jimmy Travis (jtravis@dot.state.nc.us)

401 Oberlin Road: Linda Fuller (lfuller@dot.state.nc.us)

Parker-Lincoln Building: Kimberly Hinton (khinton@dot.state.nc.us)

Greenfield Parkway: Amanda Smith (arsmith@dot.state.nc.us)

October- November Calendar

Day	Event	Time	Location	Contact
11 Oct	LMDA Board Meeting	12-1	Room 161, Greenfield Parkway	Any Board Member
13 Oct	Autism Ribbon Run	9am	City Market, Raleigh	Amanda Smith
18 Oct	Lunch and Learn: The New Latino South	12-1	Highway Room 470	Amanda Smith
21 Oct	St. Augustine's George Williams 5k	2pm	St. Augustine's College	Amanda Smith
30 Oct	Professional Development: Dealing Effectively With the Media (Course Full- waiting list available)	8:30-12:30	313 Chapanoke Road	Glenn Dennison
3 Nov	Free to Breathe 5k http://www.freetobreathe.org/	9am	Ravenscroft School	Amanda Smith
8 Nov	LMDA Board Meeting	12-1	TBA	Any Board Member
11 Nov	Old Reliable Run (5k, 10k)	1pm	Downtown Raleigh	Amanda Smith
15 Nov	Lunch and Learn: The Confident Leader	12-1	TBA	Amanda Smith
22 Nov	Inside-Out Sports Turkey Trot 8K (http://www.insideoutsports.com/)	TBA	Cary	Amanda Smith



**The New Latino South:
Basic Understanding of Latino's in NC – Leadership In Action
October 18, 2007**

Program Overview: The October 2007 session of the Leadership & Management Development Association will focus on North Carolina experiencing tremendous growth in the Hispanic/Latino population. This month's Lunch & Learn will foster awareness to understand the scope and complexity of global change in the Latino South; and seek to explore and address the economic, political and social challenges that face the region.

The speaker will be Dr. Axel Lluch. He is Director of Hispanic/Latino Affairs from the Office of the North Carolina Governor and a member of the NCDOT Executive Committee for Highway Safety.

Details

Time: 12:00 – 1:00 pm - Please feel free to leave earlier if you need to make it to another appointment.

Location: NCDOT – Transportation Building Room 470.

Lunch: Boxed lunches will be ordered for \$5.00 for members and for \$7.00 for nonmembers from RolyPoly. Please see next page for lunch choices.

Participation Limits: Attendance is limited.

RSVP: Call 329-8498 or E-mail Amanda Smith arsmith@dot.state.nc.us to confirm your participation. Lunch requests must be received by noon on Oct. 16th.

ROLY POLY SANDWICHES



Hot & Cold Rolled Sandwiches

CHICKEN

Santa Fe Chicken (28)

Sliced Chicken breast · Melted Jalapeño Jack Cheese · Onion · Tomato · Ranch Dressing, Grilled Golden Brown with Side of Salsa
Chicken Fajita (36)

Sliced Chicken Breast · Melted Cheddar Cheese · Onion · Green Pepper · Tomato · Fajita Sauce, Grilled Golden Brown with a Side of Salsa

Chicken Cordon Bleu (37)

Sliced Chicken Breast · Baked Ham · Melted Swiss · Mushrooms · Tomato · Basil Mayo, Grilled Golden Brown with a Side of Honey Mustard Dressing

Hickory Chicken (52)

Sliced Chicken Breast · Melted Cheddar Cheese · Onions · Mushrooms · Bacon · BarBQ Sauce, Grilled Golden Brown and Served with a Side of Ranch

Chicken Popper (53)

Sliced Chicken Breast · Light Cream Cheese · Onion · Tomato · Sliced Jalapeños · Fat Free Ranch Dressing, Grilled Golden Brown and Served with a Side of Salsa

Cobb Salad (26)

Sliced Chicken Breast · Bleu Cheese Dressing · Bacon · Avocado · Lettuce · Tomato · Honey Mustard Dressing

Chicken Caesar (27)

Sliced Chicken Breast · Swiss Cheese · Sundried Tomatoes · Avocado · Lettuce · Creamy Caesar Dressing

Catalina Chicken Salad (29)

White Meat Chicken Salad · Cheddar Cheese · Bacon · Avocado · Lettuce · Tomato · Sprouts · Fresh Basil Mayo

Basil Cashew Chicken (30)

White Meat Chicken Salad · Fresh Basil Mayo · Cashews · Spicy Thai Sauce · Avocado · Lettuce · Tomato · Sprouts

Delhi Chicken (31)

Curried Chicken Salad · Swiss Cheese · Bacon · Avocado · Pineapple · Lettuce · Sprouts · Mango Chutney

Oriental Chicken (48)

Sliced Chicken Breast · Lettuce · Tomato · Sprouts · Cucumber · Carrot · Green Pepper · Mango Chutney · Sesame Dressing

TURKEY & SMOKED TURKEY

Hot Honey (13)

Smoked Turkey Breast · Melted Jalapeño Jack Cheese · Bacon · Sundried Tomatoes · Spinach · Grilled Golden Brown with a Side of Honey Mustard Dressing

Hickory Cristo (38)

Smoked Turkey Breast · Melted Brie & Swiss Cheese · Spinach · Mushrooms · Tomato, Grilled Golden Brown with a Side of Fresh Dill Horseradish Sauce

Turkey AppleJack (39)

Turkey Breast · Melted Jack Cheese · Apple Butter · Bacon · Onion · Mushrooms · Basil Mayo, Grilled Golden Brown with a Side of Honey Mustard Dressing

Thanksgiving (9)

Turkey Breast · Corn Bread Stuffing · Cranberry Sauce · Onion · Lettuce · Fresh Basil Mayo

California Turkey (10)

Turkey Breast · Bacon · Cheddar Cheese · Scallions · Lettuce · Tomato · Avocado · Sprouts · Mango Chutney · Ranch Dressing

Wild Turkey (11)

Turkey Breast · Cream Cheese · Cucumber · Green Pepper · Spinach · Lettuce · Tomato · Creamy Italian Dressing

Smokehouse Turkey (12)

Smoked Turkey Breast · Jack Cheese · Bacon · Avocado · Scallions · Lettuce · Tomato · Honey Mustard Dressing

Italian Turkey (49)

Turkey Breast · Cream Cheese · Sundried Tomato · Spinach · Onion · Tomato · Artichoke Hearts · Roasted Red Pepper · Fresh Basil Italian Dressing

Tuscan Turkey (51)

Smoked Turkey Breast · Spinach · Tomato · Artichoke Hearts · Roasted Red Pepper · Onion · Fat Free Sundried Tomato Basil Dressing

VEGGIE & CHEESE

French Twist (7)

Melted Brie & Swiss Cheeses · Mushrooms · Tomato · Spinach · Scallions · Grilled Golden Brown with a Side of Honey Mustard Dressing

Veggie Fajita (42)

Melted Cheddar & Jalapeño Jack Cheese · Spinach · Tomato · Mushrooms · Onion · Green Pepper · Fajita Sauce, Grilled Golden Brown with a Side of Salsa

Spinach Stuffer (43)

Melted Swiss & Cheddar Cheese · Spinach · Tomato · Mushrooms · Onion · Cornbread Stuffing, Grilled Golden Brown with a Side of Honey Mustard Dressing

Original Jack (1)

Jack Cheese · Lettuce · Tomato · Avocado · Carrot · Cucumber · Green Pepper · Sprouts · Creamy Italian Dressing · Upon Request: Onion · Hot Peppers

Pineapple Jack (2)

Jalapeño Jack Cheese · Pineapple · Lettuce · Tomato · Avocado · Carrot · Cucumber · Green Pepper · Sprouts · Bleu Cheese Dressing

Monster Veggie (3)

Jack & Swiss Cheeses · Lettuce · Tomato · Avocado · Carrot · Cucumber · Green Pepper · Mushrooms · Spinach · Sprouts · Fresh Dill Dressing

Spinach Salad (4)

Swiss Cheese · Sliced Mushrooms · Sundried Tomatoes · Avocado · Spinach · Honey Mustard Dressing

Wild Scallion (5)

Cream Cheese · Scallions · Cucumber · Carrot · Green Pepper · Lettuce · Avocado · Tomato · Sprouts · Mango Chutney · Honey Mustard Dressing

California Hummer (6)

Roasted Red Pepper Hummus · Provolone Cheese · Lettuce · Tomato · Avocado · Carrot · Cucumber · Green Pepper · Sprouts · Creamy Caesar Dressing

Italian Veggie (8)

Provolone Cheese · Sundried Tomatoes · Artichoke Hearts · Roasted Red Peppers · Lettuce · Tomato · Onion · Creamy Italian Dressing

Ultimate Veggie (46)

Lettuce · Tomato · Sprouts · Carrot · Cucumber · Mushrooms · Spinach · Green Pepper · Artichoke Hearts · Roasted Red Pepper · Onion · Fat Free Ranch Dressing

Nut & Honey (47)

Cream Cheese · Raisins · Sunflower Seeds · Cashews · Lettuce · Spinach · Tomato · Carrot · Avocado · Sprouts · Honey Mustard Dressing

SLICED STEAK & ROAST BEEF

Philly Melt (18)

Roast Beef · Melted Jack & Cheddar Cheeses · Onion · Mushrooms · Green Pepper, Grilled Golden Brown with a Side of BarBQ Ranch Dressing

Steak Fajita (19)

Sliced Marinated Steak · Melted Cheddar Cheese · Onion · Green Pepper · Tomato · Fajita Sauce · Grilled Golden Brown with a Side of Salsa

Santa Fe Steak (20)

Sliced Marinated Steak · Melted Jalapeño Jack Cheese · Onion · Tomato · Ranch Dressing · Grilled Golden Brown with a Side of Salsa

BarBQ Steak (50)

Sliced Marinated Steak · Melted Jack Cheese · Onion · Mushrooms · BarBQ Sauce · Grilled Golden Brown with a Side of Ranch Dressing

Pepper Steak (14)

Roast Beef · Cheddar Cheese · Onion · Green Pepper · Lettuce · Tomato · Horseradish Sauce

Ranch Roast (15)

Roast Beef · Mild Garlic Cheese Spread · Sundried Tomatoes · Bacon · Lettuce · Tomato · Ranch Dressing

Russian Beef (16)

Roast Beef · Brie Cheese · Lettuce · Tomato · Scallions · Dill Pickle Chips · Russian Dressing

Jalapeño BarBQ (17)

Roast Beef · Jalapeño Jack Cheese · Sliced Jalapeños · Onion · Roasted Red Peppers · Lettuce · Tomato · BarBQ Basil Mayo

BAKED HAM & ROAST PORK

Key West Cuban Mix (23)

Roast Pork · Baked Ham · Turkey Breast · Melted Swiss & American Cheeses · Dill Pickles Slices · Onion · Lettuce · Tomato, Grilled Golden Brown with a Side of Honey Mustard Dressing

Peachtree Melt (25)

Baked Ham · Melted Brie & Swiss Cheeses · Peaches & Pepper Relish, Grilled Golden Brown with a Side of Fresh Dill

BarBQ Pork Melt (41)

Lean Sliced Pork · Bacon · Melted Cheddar & Jalapeño Jack Cheese · BarBQ Sauce · Onion · Grilled Golden Brown with a Side of Ranch Dressing

Italian Classic (21)

Baked Ham · Genoa Salami · Provolone Cheese · Artichoke Hearts · Roasted Red Peppers · Onion · Lettuce · Tomato · Creamy Italian Dressing · Upon Request: Hot Peppers

Porky's Nightmare (24)

Roast Pork · Baked Ham · Bacon · Cheddar & Swiss Cheeses · Onion · Lettuce · Tomato · Honey Mustard Dressing